Weekly Battery Check-In

One line a day, for parents and educators

Week starting _____

Shade the battery to show how full you feel (1 = empty, 5 = full). Then jot what drained it and what topped it up.

Day	Battery	What drained it	What topped it up
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

At the end of the week

Which day was lowest? What did those low days have in common? Circle one drain you could drop, shrink or share next week, and one top-up you could repeat on purpose.

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Why a number, and how to use it

Why a battery?

Burnout researchers describe it as what happens when the things that drain us outweigh the things that refill us, for a long time. A daily number makes that balance visible before it tips. Many of us, especially neurodivergent adults, find it easier to give a number than to name a feeling.

How to use it

Fill in one line at the same time each day, such as after school pickup or at the end of a shift. It takes less than a minute. Don't judge the numbers. You are collecting information, not grading yourself.

What to look for

Patterns. Particular days, appointments, people, tasks or places that keep showing up as drains. Small things that keep showing up as top-ups. Two weeks of lines is usually enough to see something useful.

Share it

Show the sheet to a partner, a friend or your teaching team. It is often easier to say "Thursdays are a 1 for me" than to explain everything you are carrying.

If the battery stays at 1

If most days sit at empty for a couple of weeks, please talk to someone. In Australia you can call Lifeline on 13 11 14 or Beyond Blue on 1300 22 4636 at any time, Parentline Victoria on 13 22 89 (8 am to midnight), or see your GP. In an emergency, call 000.